



# A COMPARATIVE STUDY OF EXAMINATION ANXIETY AMONG ADOLESCENTS

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## ABSTRACT

The present investigation was to find the difference between adolescents in relation to their examination anxiety. Survey method of investigation was employed. The findings of the study showed that there is a significant difference between boys and girls adolescents in relation to their examination anxiety. Also significant difference was obtained between rural and urban adolescents in relation to their examination anxiety. Significant difference was also found between govt. and non-govt school adolescents in relation to examination anxiety.

**KEYWORDS:** Examination Anxiety, Adolescents.

## INTRODUCTION

Terms like anxiety, intelligence, and motivation are abstract constructs which have been advanced to make various facets of performance, comprehensible. For example, we may attribute a student's excellent performance in classroom examination to his superior intelligence or we may interpret their poor performance in terms of motivational concept such as anxiety, which interferes or facilitates with academic achievement. The term anxiety generally means a state of emotional and physical disturbance induces in a person by a real or imaginary threat. In students anxiety mainly is related to academic performance.

Sudha, B.G. & Parveen (1992) in their study revealed that intelligence and traditionality- modernity appears to influence the extent of insecurity experienced by the high school students.

Lali (1997) in his studies found that Examination anxiety is a factor that is far more harmful than general anxiety. Therefore it is ideal that during classroom studies there must be a clear attempt to minimize this form of anxiety among students.

Lata, K. & Aggarwal (1998) found that the child getting proper environment of study with maternal care, concern, guidance and encouragement would flourish like a plant given good soil and sunlight in most congenial environment.

## METHODOLOGY

The present study is a survey type in nature. Here the data has been collected personally from the students. The method applied is of descriptive type. Purposive sampling method was used to select the schools.

## SAMPLE

A sample of 200 9th class adolescents (which includes boys, girls, rural and urban) was selected randomly from 10 government and non-government schools of Panchkula district of Haryana state.

## OBJECTIVES

1. To study the examination anxiety among boys and girls adolescents.
2. To study the examination anxiety among rural and urban adolescents.
3. To study the examination anxiety among govt. and non- govt. school adolescents.

## HYPOTHESES

1. There exists a significant difference between boys and girls adolescents in relation to their examination anxiety.
2. There exists a significant difference between rural and urban adolescents in relation to their examination anxiety.
3. There exists a significant difference between govt. and non- govt. school adolescents in relation to their examination anxiety.

## TOOLS

1. Students' Examination Anxiety Test by Dr. Madhu Agarwal and Ms. Varsha Kaushal (1995)

## RESULTS AND DISCUSSIONS

**Table 1: showing difference in examination Anxiety among boys and girls adolescents (N=100)**

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (boys)	10.3	15.906	1.590	10.932
2	100 (girls)	36.4	17.803	1.780	

It is observed from the table that the t- value is 10.932 which is significant. Thus it shows that boys and girls show significant difference in relation to examination anxiety. Therefore, hypothesis no. 1 i.e. there exists a significant difference between boys and girls adolescents in relation to their examination anxiety is accepted.

**Table 2: showing difference in examination Anxiety among Rural and urban adolescents (N=100)**

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (rural)	30.2	22.12	2.212	4.95
2	100 (urban)	14.1	23.77	2.377	

It is observed from the table that the t- value is 4.95 which is significant. Thus it shows that rural and urban adolescents show significant difference in relation to their examination anxiety. Therefore, hypothesis no. 2 i.e. there exists a significant difference between rural and urban adolescents in relation to their examination anxiety is accepted.

**Table 3: showing difference in examination Anxiety among Rural and urban adolescents (N=100)**

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (govt.)	15.7	13.798	1.379	10.256
2	100 (non-govt.)	34.8	12.506	1.250	

It is observed from the table that the t- value is 10.256 which is significant. Thus it shows that govt. and non-govt. adolescents show significant difference in relation to their examination anxiety. Therefore, hypothesis no. 3 i.e. there exists a significant difference between govt. and non govt. adolescents in relation to their examination anxiety is accepted.

## CONCLUSIONS

On the basis of the present study the following conclusions have been drawn:

1. There is a significant difference between boys and girls adolescents in relation to their examination anxiety.
2. There is a significant difference between rural and urban adolescents in relation to their examination anxiety.
3. There is a significant difference between govt. and non- govt. school adolescents in relation to their examination anxiety.

In the findings it is observed that girls have more examination anxiety as compared to boys. The reason behind this could be that girls are more concerned to

their results and boys usually remain free minded without much anxiety about their results. Also it is observed that rural adolescents have more examination anxiety as compared to urban. The reason behind this could be the lack of confidence or motivation among the rural adolescents. Also non govt. school adolescents are found to have more examination anxiety as compared to govt. school adolescents. The reason could be the more strict and competitive environment in non govt. schools.

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